

Flu vaccines do not cause the flu.

Two types of vaccines are available:

The flu shot contains inactivated (killed) viruses and can be given to anyone 6 months and older. It may cause some soreness where the shot is given.

The nasal spray flu vaccine contains live, weakened flu viruses. The vaccine can be given to healthy people between the ages of 5 and 49 years who are not pregnant.

Some people may have a mild fever or feel achy for 1-2 days while their immune system responds to the vaccine. Ask your doctor, nurse, or clinic which vaccine is best for you or your child.

Flu symptoms

The flu can cause fever, cough, muscle aches, weakness, and headaches. It can also cause pneumonia and other severe health problems.

Help stop the spread of the flu

Here are some ways you and your family can help stop the spread of the flu:

- Get a flu vaccine. This is the best way to protect yourself and others from getting the flu.
- Cover your cough or sneeze with a tissue or your upper sleeve, not your bare hand.

Be sure to throw your tissue away.

- Wash your hands often with soap and water. If soap and water are not available, use alcohol-based hand gel or disposable wipes.
- Keep your hands away from your eyes, nose, and mouth.
- Stay home when you are sick.
- Call your doctor or nurse if you have a fever and cough that won't go away.

Find out more.

Find a flu shot clinic online at <http://flucliniclocator.org>

Visit the Department of Health website:
www.doh.wa.gov/cfh/immunize.

To find an immunization clinic, call:



PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON



This publication is available in other formats.
Call 1-800-525-0127 or TTY relay 711.



Did you get your flu vaccine?

It's not too late to get your flu vaccine this year. The best way to protect yourself and your family from the flu is to get a yearly flu vaccine.

Anyone can get the flu and easily give it to others. Some people are more at risk of severe health problems if they get the flu. Babies, pregnant women, and older adults are more often hospitalized or become seriously ill from the flu.

Who Should Get Flu Vaccine?

- All children, 6 months up to the 5th birthday
- Adults age 50 and older
- People with medical conditions like asthma, diabetes, or heart problems
- Pregnant women
- Anyone living in a nursing home or long term care facility
- Anyone living with or caring for someone in one of the above groups.
- Anyone living with or caring for children from birth up to the child's 5th birthday, especially for babies under 6 months, who are too young to get flu vaccine.
- Health care workers
- Anyone who wants to reduce their chances of getting the flu

Call your doctor, nurse or clinic today!